

WSSC Amazing June Meet

Warm up schedule

Session 1

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|------------------|---|-------------------------------|
| Warm up 1 – 7.50 | West Suffolk <i>(Boys 12&over, Girls 13&over)</i> | 6 lanes |
| Warm up 2 – 8.00 | Bottisham West Suffolk & Colchester <i>(Boys age 11, Girls 10-12)</i> | Lanes 1-4 Lanes 5-6 |
| Warm up 3 – 8.10 | Cambridge Mildenhall West Suffolk <i>(Boys 9-10, Girls age 9)</i> | Lanes 1-4 Lane 5 Lane 6 |
| Warm up 4 – 8.20 | Cambridge | 6 lanes |
| Warm up 5 – 8.30 | March Hadleigh | Lanes 1-4 Lanes 5-6 |

Session 2

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|-------------------|--|-------------------------------|
| Warm up 1 – 12.25 | March Hadleigh | Lanes 1-4 Lanes 5-6 |
| Warm up 2 – 12.35 | Cambridge | 6 lanes |
| Warm up 3 – 12.45 | Cambridge Mildenhall West Suffolk <i>(Boys 9-10, Girls age 9)</i> | Lanes 1-4 Lane 5 Lane 6 |
| Warm up 4 – 12.55 | Bottisham West Suffolk & Colchester <i>(Boys 11-12, Girls 10-11)</i> | Lanes 1-3 Lanes 4-6 |
| Warm up 5 – 1.05 | West Suffolk <i>(Boys 13&over, Girls 12&over)</i> | 6 lanes |

We will need to run very closely to the timings above. Please ensure your swimmers are ready at the times allocated and that you complete your pool warm up on time.

Please do not allow swimmers to climb out over the touch pads

Warm ups will be very busy. If clubs in your warm up session have had withdrawals please be sensible and adjust or share lane allocations if there is a large imbalance in swimmer numbers between clubs.

In order to accommodate all swimmers, the pool warm up time is short. Please ensure that all swimmers have done an appropriate land warm up in addition to the pool time.